

SIGNS & SYMPTOMS OF CHRONIC INFLAMMATION

BODY PAINS



GASTROINTESTINAL COMPLICATIONS



CHRONIC FATIGUE



FREQUENT INFECTIONS



INSOMNIA



WEIGHT LOSS & WEIGHT GAIN



DEPRESSION, ANXIETY, & MOOD DISORDERS



Adopting an anti-inflammatory diet can reduce systemic inflammation and enhance health by consuming foods that decrease inflammation and avoiding those that may cause inflammation.

ANTI-INFLAMMATORY FOODS

VEGETABLES & FRUITS

- Spinach
- Kale
- Mustard
- Mesclun
- Swiss chard
- Berries
- Grapes
- Pomegranates
- Bok choy
- Broccoli
- Cabbage
- Brussel Sprouts
- Cherries
- Citrus fruits
- Avocadoes
- Sweet potatoes
- Carrots
- Beets
- Cauliflower
- Figs
- Apples
- Tomatoes

FATTY FISH

- Salmon
- Mackerel
- Sardines
- Herring
- Anchovies

OTHER PROTEINS

- Natural cheese
- Organic chicken or meat
- Organic eggs

FERMENTED & CULTURED FOODS

- Kefir
- Plain yogurt
- Miso
- Natto
- Tempeh
- Sauerkraut
- Fermented vegetables

WHOLE GRAINS

- Brown rice
- Wild rice
- Buckwheat
- Millet
- Quinoa
- Gluten-Free Oats
- Ancient oats (Amaranth)

BEANS & LEGUMES

- Mung beans
- Beans
- Chickpeas
- Lentils
- Black-eyed peas

HEALTHY FATS

- Extra virgin olive oil
- Sesame oil
- Nuts
- Seeds

HERBS & SPICES

- Turmeric
- Ginger
- Curry powder
- Garlic
- Chili peppers
- Basil
- Rosemary
- Thyme
- Oregano
- Cinnamon

NUTS & SEEDS

- Walnuts
- Almonds
- Hazelnuts
- Pistachios
- Pecans
- Flax seeds
- Chia seeds

DARK CHOCOLATE

- At least 70% cocoa

TEA

- White
- Green
- Black
- Oolong

PRO-INFLAMMATORY FOODS

COMMERCIALLY PRODUCED MEATS

- High levels of hormones
- Fed with inflammatory grains
- Pesticides & antibiotics

PROCESSED MEAT

- Hot dogs
- Bacon
- Sausage
- Luncheon meats

MEATS COOKED AT HIGH TEMPERATURES

- Charboiled
- Grilled

COMERICALLY BAKED PRODUCTS

- Contain partially hydrogenated vegetable oils or trans fats

VEGETABLE OILS

- Sunflower
- Safflower
- Canola
- Margerine
- Corn
- Soy

FRIED FOODS

- French Fries
- Fried Chicken
- Other fried foods

FAST FOODS

- Breakfast, Lunch, & Dinner foods

SWEETENED DRINKS

- Soda
- Sweet tea
- Energy drinks
- Sugary coffee

ARTIFICIAL SWEETENERS & FOOD ADDITIVES

- Sucralose (Splenda)
- Aspartame (NutraSweet & Equal)
- MSG

SUGAR LADENED FOODS

- Candy
- Cookies
- Pastries (Pies & Cakes)
- Ice cream

REFINED GRAINS

- White bread
- White rice
- Breakfast cereal
- Pasta

HIGH-SALT JUNK FOODS

- Chips & Pretzels

DAIRY & GLUTEN

- Salad dressings
- BBQ sauces
- Ketchup

HIGH FRUCTOSE CORN SYRUP

- Especially if intolerant to dairy or gluten

ALCOHOL